

Greenwich Mean Time Conversion Job Aid

The InfoVista tool reports results in Greenwich Mean Time (GMT). You, however, would like results reported in local time, which is either Eastern Standard Time (EST) or Eastern Daylight Time (EDT), depending upon the time of year. The conversion from GMT to Eastern Time is straightforward:

- To convert from Greenwich Mean Time (GMT) to Eastern Standard Time (EST), subtract five hours. For example, 8:00 P.M. GMT – which is denoted 20:00, as in military time – is 3:00 P.M. EST.
- To convert from Greenwich Mean Time (GMT) to Eastern Daylight Time (EDT), subtract four hours. Therefore, if Daylight Saving Time is in effect, 20:00 GMT is 4:00 P.M. EDT.

The table provides a complete set of conversions from Greenwich Mean Time to Eastern Standard Time and Eastern Daylight Time.

GMT	EST	EDT (Daylight Saving Time)
00:00 (Midnight)	7:00 PM	8:00 PM
01:00	8:00 PM	9:00 PM
02:00	9:00 PM	10:00 PM
03:00	10:00 PM	11:00 PM
04:00	11:00 PM	Midnight
05:00	Midnight	1:00 AM
06:00	1:00 AM	2:00 AM
07:00	2:00 AM	3:00 AM
08:00	3:00 AM	4:00 AM
09:00	4:00 AM	5:00 AM
10:00	5:00 AM	6:00 AM
11:00	6:00 AM	7:00 AM
12:00 (Noon)	7:00 AM	8:00 AM
13:00	8:00 AM	9:00 AM
14:00	9:00 AM	10:00 AM
15:00	10:00 AM	11:00 AM
16:00	11:00 AM	Noon
17:00	Noon	1:00 PM
18:00	1:00 PM	2:00 PM
19:00	2:00 PM	3:00 PM
20:00	3:00 PM	4:00 PM
21:00	4:00 PM	5:00 PM
22:00	5:00 PM	6:00 PM
23:00	6:00 PM	7:00 PM